

The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979

The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 46, No. 10 July 2004

190th welcomes President Bush to Topeka

By 1st Lt. Chris Hill

190th Community Manager

On May 17 the City of Topeka and the 190th Air Refueling Wing hosted a visit from The President of the United States, George W. Bush.

President Bush landed at the 190th at 12:30 p.m. and quickly departed for a scheduled speech at the Monroe School, site of the Brown Vs Topeka Board of Education museum site.

Within 40 minutes of his departure from Forbes, The President returned to the 190th to greet unit members before boarding Air Force One for his next scheduled event.

Although on the ground only two hours, the 190th, along with the Topeka Metropolitan Airport Authority, city, county, state and federal law enforcement officials, Secret Service, and White House advance staff had been in Topeka for upwards of one week preparing for The President's arrival.

"We were honored to have had the opportunity to host President Bush's arrival to Topeka," said 190th Wing Commander Colonel Gregg A. Burden. "The men and women of the 190th illustrated to The President and his staff the first class operation that we operate at Forbes."

In addition to the efforts at Forbes Field, members of the 190th Color Guard supported the Brown Vs Board proclamation ceremony at the State Capital earlier that morning.



Greeting The President

President Bush shaking hands with 190th members.
(Photo provided)



Touchdown

Air Force One lands at Forbes Field
(photo by Senior Master Sgt. Shawn Gamber)

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Promotion Opportunities: They are out there

By Chief Master Sgt. Gary Montgomery
190th Command Chief

Have you noticed all of the new Chiefs at the 190th?

During the last six months the 190th has promoted eight people to the rank of Chief Master Sergeant. Six people are full time and two are Traditional Guardsmen. Another member of the 190th was recently selected to fill a Chief position at State Headquarters.

Does this mean anything to you and your career with the Kansas Air National Guard? It should, there are promotion opportunities here at the 190th and at State Headquarters that could allow you to achieve this rank, provided that you first accomplish a few things.

Establish goals, complete required PME, dedicate your time and energies to your job and position yourself to achieve these goals.

I was often told that as a traditional member, the rank of Chief Master Sergeant was only awarded to full time personnel and to retire a Master Sergeant was about the highest rank that you could achieve. Well, that is not the case!

I was recommended by my Commander, selected and promoted to the rank of SMSgt under the Exceptional Promotion Program. Then recently I was selected as the 190th Wing Command Chief and promoted to the rank of Chief Master Sgt. and I am a Traditional Guardsman.

There are promotion opportunities for you at the 190th to attain the rank of Senior Master Sergeant and even Chief Master Sergeant.

The Exceptional Promotion Program (EPP) is one program that provides promotion opportunities only for Traditional Guardsmen by allowing exceptional individuals to attain the rank of Senior Master Sgt. or Chief Master Sgt. when Unit Manning Document (UMD) authorization may not exist.

The T-Float Promotion Program is another program that provides promotion opportunities to the rank of Chief Master Sgt. Traditional Guardsmen, AGR's and Technicians. This program applies to those functional areas that do not have allocated career progression opportunities to Chief Master Sgt. on the UMD.

Now it is up to you to establish your goals, complete your PME, and dedi-



Chief Master Sgt. Gary Montgomery
190th Command Chief

cate your time and energies to your job and position yourself so that you can achieve this goal.

If you have any questions regarding details of these programs, contact your First Sergeant, MPF or myself.

Integrity first, service before self, and excellence in all things we do.

Diversity

Diversity in the 190th; Well above the AF Average

By Senior Master Sgt. Phil Mahan
190th Human Resource Advisor

As the Human Resource Advisor, I am interested in the diversity of the membership of the 190th. Recently I completed an analysis of the 928 members who completed a survey.

Of the 928 members who completed the survey, 80.7 percent are male and 19.3 percent are female. 71.5 percent of the males indicated they are "white" while 28.5 percent indicated that they are non-white. 82.7 percent of the females indicated they are "white" while 17.3 percent indicated that they are non-white.

These figures indicate that the 190th ARW has greater than Air Force wide membership from diverse populations. Our recruiters are great to work with, and their hard work has paid off for our organization and our nation. When we truly represent our community with diverse groups, it speaks well for all of us. I salute all who have helped to make this happen.

Mentorship has become a major focus for the National Guard. Mentorship is essentially an ongoing effort between two people with the goal of providing assistance to a junior member of a unit by the ex-

perience of a "seasoned" unit member. Both need not be part of the same organization. Some authors recommend that they not be in the same duty section.

We have not received official word as of this writing that the mentorship program is a guard-wide initiative. However, many of you have done this informally with our younger airmen. I salute you and your efforts to keep our "first five" members in the loop as to current and future happenings of your duty section and the squadron as well as base-wide and guard-wide activities.

New face of fitness

By Tech. Sgt. Mike Molter
190th Fitness Committee

Step into the Forbes Fitness Center and you might notice a few changes. The most notable change is the addition of three televisions.

The fitness committee looked for ways to improve the facility in a number of ways. They began by tackling the weight room in a couple of ways. They added new TKO dumbbells in sets of 5 to 50lbs and purchased some much needed barbell weights. The new weights should alleviate wait times during peak hours. Both dumbbells and barbells combine for a total weight of over 3600lbs. Can you give me a Hoo-Rah.

The second consideration given the weight room the availability of weight benches both in quantity and quality. The addition of four new adjustable York benches solved the quantity. The parachute shop helped with the quality issue by repairing some of the vinyl of many of the old benches. After repairing the weight room benches they cruised downstairs and repaired some of the tattered vinyl and foam on a few pieces of nautilus equipment.

The most obvious change to the fitness center falls in the aerobic/nautilus area. Gone are the days of staring at four brick walls and a few mirrors. The fitness center now sports a new cardio-theater, one of only two in Topeka. Now anyone who uses any of the ten pieces of cardio equipment can watch and listen to one of three television signals or listen to any of the seven programmed radio stations.

All the exerciser needs to do is plug a headset into a port on the receiver, select a preset channel and adjust their volume as desired. Presently, only the aerobic equipment is

fitted with FM receivers. However, anyone can pick up the signals with a Walkman equipped to receive FM signals.

A new elliptical exercise machine rounds out the group of aerobic equipment found in the Fitness Center. Now the Fitness Center has three ellipticals, three treadmills, two stair-steppers, two exercise bikes and 12 pieces of nautilus equipment. It can seem a bit crowded during peak hours but the variety and quantity of equipment accommodates most everyone's needs. Don't let the white cinder-block walls and aging equipment fool you, the Fitness Center is cutting edge for a guard base and best of all, it's free to you as a member of the guard. There is no monthly fee, no prorated membership and no hidden cost.

"With the new equipment and the Cardio Theater we felt that our facility provided our members (at no charge) the same exercise opportunities in an upgraded environment that would compare with about any facility in town," said Col. Gregg Burden, 190th ARW Commander.

Tech. Sgt. Shad England has been enjoying the upgraded weight room. "The added equipment has made it easier to accomplish your workout since there is no wait or time delay."

Master Sgt. Larry Wallace's fitness center time has resulted in a weight loss of 22 pounds and a lower cholesterol level. "I primarily use the treadmill twice a week, and started lifting in the

evening. The televisions are nice because it takes your mind off the workout. The combination has made a difference in my life in many ways."

These changes would not be possible without a concerted effort by many shops and individuals. Specifically, Age, Avionics, Civil Engineering, Communications, Contracting, Finance, the Mod Team, NDI, Parachute Shop, Sheet metal and Supply.

In addition to the outstanding support from the various shops and individuals on base, it was Colonel Burden's support of the project that ultimately made these upgrades a reality.

Upgrades to the fitness center will be on ongoing process. According to Burden the goal is to continue upgrading the facility and equipment each year. "We hope to renovate both the men's and women's locker and shower facility this year and we will continue to replace the oldest and most worn out equipment each year based upon the recommendations of the fitness committee and availability of unit funds," said Burden.



New Face on Fitness

The 190th ARW Fitness center has recently undergone a facelift. Improvements include new cardio equipment and a cardio theater.

(Photo by Senior Master Sgt. Shawn Gamber)

190th Medical Squadron participates in Homeland Defense Exercise

By Staff Sgt. Joe Blubaugh

190th Public Affairs

More than 500 people from nine federal, state and local law enforcement and emergency agencies, including the 190th Medical Squadron came together in May to participate in the first ever regional homeland defense exercise.

The exercise, known as the Community Assistance Response Exercise (CARE) took place on May 20-22 in Columbia, Missouri.

The CARE simulated terrorist attacks in the Columbia, St. Louis and Kansas City areas, which overloaded area and regional hospitals. Due to the overwhelming casualties, Air National Guard Medical Squadrons from Kansas, Missouri, Nebraska and Iowa were activated to staff the Air Force's new Expeditionary Medical Support (EMEDS) facility.

EMEDS are mobile hospitals that can be set up and torn down in a matter of hours and are currently being used in Iraq.

The facilities include an emergency room, operating room, intensive care unit, dental services, blood lab and x-ray. Health care professionals can also bed up to 25 patients based on the needs of the mission.

In all, more than 150 "casualties" were cared for in the facility in just over 36 hours. Chief Master Sgt. Howard Steanson thinks the exercise was a resounding success. "What I thought would be the disaster of all disaster exercises didn't happen," he said.

"What I saw was a large group of people come together and do one heck of a job."



EMEDS Triage Point

SrA Becky Hastings preparing for her role as a "casualty." Hastings was one of more than 150 "casualties" who received medical attention at the EMEDS triage point during the disaster exercise.

(Photo by SMSgt David Winburn)

Teen Camp

Teens learn respect, teamwork at camp

By Staff Sgt. Joe Blubaugh

190th Public Affairs

Teenagers from around the state converged on Rock Springs Ranch near Junction City for the 2nd annual Kansas National Guard Teen Camp held June 1 – 4.

This year's camp, named Operation Teen Camp, was open to teenagers with at least one parent in a Kansas Army or Air National Guard Unit. The Kansas National Guard and the Family Assistance Center sponsored the free camp.

The goal of the camp is to bring teenagers together with similar backgrounds and give them the chance to discuss their experiences with

their peers.

Camp director and 190th ARW member Tosha Modde thinks the teens learn a great deal during the four-day camp. "We want them to learn to respect themselves and others," she said.

"It also gives them a chance to discuss problems they have as guard kids with their peers," said Modde.

During the four-day event, the teens participated in a number of activities including sports, horseback riding, marksmanship, archery and canoeing. They also worked together in several team-building activities that are meant to bring them together as a group.

Several of this year's campers

also attended last year's event. Justin Burget of Mulvane says he had a lot of fun and met several good friends at last year's camp. "It gives me a chance to meet a lot of kids and hear about some of their experiences."

Burget was also selected as one of two National Guard Youth Delegates that traveled to San Diego, California for a summit to discuss problems that face children of guard families.

"After we discussed the problems, we suggested solutions for those problems," added Burget.

Christi Wilson and Tony Champagne will represent Kansas at this year's conference.

190th events caught on film



Commander-in-chief lands at Forbes

President George W. Bush visited Topeka on May 17 to present remarks at the Brown Vs Board ceremony. Prior to departing The President took the time to shake the hands of unit members and thank them for their service. (Photos by Senior Master Sgt. Shawn Gamber)



Coyote Firefighters

190th Firefighters deploy to Iraq

By Senior Airman Nicholas Wright
190th Fire Department

On March 7, 2004 seven 190th Firefighters deployed to Baghdad International Airport (BIAP) Iraq to support Operation Iraqi Freedom. The Coyote Firefighters worked alongside teams from the Wyoming, New York and Pennsylvania Air National Guard. The firefighters were assigned to the 447th AEG Fire Department.

The firefighters were responsible for providing fire protection in a 75 square mile area of BIAP, including all military assets within the area. They also supported humanitarian airlift operations in and out of BIAP.

In addition to their day-to-day duties the deployed coyotes assisted the 447th EMEDS on several occasions with mass

casualties arriving from combat areas in the theatre of operation.

The firefighters also assisted with the training of the Iraqi National firefighters who were assigned to the civilian fire station at BIAP.

Grass fires resulting from deployed counter measures dropped by incoming aircraft, vehicle accidents and Med-Evac standbys made up the majority of the calls. Other calls included emergency responses after hostile incidents occurred.

One of the more humorous incidents occurred when the 190th fire fighters living quarters was attacked by a camel spider. The spider lost ultimately lost the battle, but not before unnerving five grown men.

The 190th deployers were Master Sgt. Stephen Harsha, Master Sgt. Mark Adwell, Tech. Sgt. Gary Holliday, Tech. Sgt. Scott Higgins, Tech. Sgt. Brad Herron, Tech Sgt. Joe Copeland and Senior Airman Nicholas Wright.



Coyote Firefighters in Iraq
(photo provided)

Staff Sergeant Shawn Garnuette



ORGANIZATION: 190th Communications Flight

JOB TITLE: Communications Maintenance Technician

MAIN RESPONSIBILITY: Maintenance of personal computers and communications equipment base wide.

CIVILIAN CAREER: Student / Harley Davidson network Technician.

EDUCATION: Senior at DeVry

MILITARY EXPERIENCE: 10 years active duty service in the U.S. Army and four years Air National Guard (joined the 190th ARW September 2000).

GOALS AND AMBITIONS: Graduate from DeVry with a degree in Network Management and move on to the School of Arts in Winston-Salem, NC

HOBBIES AND ACTIVITIES: Running, martial arts, reading, writing, and spending time with his son.

MOST MEMORABLE 190TH MOMENT: "Last years dining out was my most memorable moment. My wife and I had a great time. I only regret not dancing with her the whole night."

FYI

Attention College Students !

The Kansas State Tuition Assistance applications for the Fall Session are now available in the Retention Office. The form must be filled out, signed by your commander, and returned to the Retention Office for final approval. Upon approval by the Retention Office, you must take the application to your school's enrollment office. You will not be required to pay up front for tuition if this form is filled out and approved properly. If you have any questions, contact MSgt. Jean Hager at (785) 861-4712.

Remember to visit the retention Office on your enlistment anniversary for review of your Student Loan Repayment Program Status.

Do You Want to Be an ANG Officer but are older than 35?

Under a policy dated 11 Apr 2003, The Director of the Air National Guard has authorized states to submit or resubmit appointment applications for officer appointments which require age waivers.

The requirements for age waiver approvals are:

- Prior service applicants must be commissioned prior to reaching age 40. (For each year the applicant exceeds age 35, they must have equivalent years of prior enlisted service (i.e., if 35 years old, must have one year of enlisted service, etc.).

- Non-prior service applicants will only be considered for extenuating AMS-related circumstances beyond the individual's control (i.e., unforeseen family emergency or medical condition).

- Age waivers beyond age 40 will not be considered.

- Individuals must still be medically qualified.

Please contact MSgt Janet Smith at 861-4135 if you have any questions about this policy.



190th ARW Officer Vacancies

The 190th ARW has a [Traditional Civil Engineering Readiness Officer](#) vacancy, AFSC 32E3B (Undergraduate academic specialization is mandatory in architecture or civil, electrical, general, environmental, construction, architectural, or mechanical engineering).

If you are interested, submit your package to 190 MSF/DPMA, MSgt. Janet Smith by close of business on 8 August 2004.

The 190th ARW has a [Traditional Logistics Readiness Officer](#) vacancy, AFSC 21R1.

If you are interested, submit your package to 190 MSF/DPMA, MSgt. Janet Smith by close of business on 23 July 2004. Interviews will be conducted August UTA.

Officer Package consists of:

Resume and cover letter, College Transcripts (4-year degree), 3 letters of character reference, AFOQT scores, Record review rip (if currently in military), DD 214 or NGB 22 (if prior service).

Promotions

SRA

Emily F. Alley, AGS
Joseph A. Werick, CF



MSgt - 1st Sgt

Michael B. Wise, Maint



SSgt

Jason W. Geyer, AGS



CMSgt

Ronald A. May, 117th ARS



TSgt

Brian D. Spicer, Wing HQ
Anthony L. Standifer, CES



Maj

Robert J Williams, 117th ARS



MSgt

Drake I. Pitmon, SFS
James L. Root, SFS
Richard W. Masters, Maint.



LtCol

Joyce Zillinger, Wing HQ



Enlistments, Reenlistments, and Retirements

Enlistments

SSgt Gabriel Calvillo, CES
SSgt Christina M. Herrman, Med Sq
SSgt Leslie R. Perez, SFS
A1C Jason A. Bishop, SFS
A1C Max W. Ellis, MOF
A1C Sarah M. Mendez, MSF
A1C Jesika K. Osburn, Med Sq

Appointments

2 Lt Amy B. Blow, MDS

Retirements

MSgt John Hart, CF
MSgt Phillip W. Wells, MXS
TSgt Bonita Boggs, LGS
SSgt David Lake, CES

Blast From the Past!

Can you
identify the
190th
members in
this picture?



Answers will
be published
in the Aug
issue of the
Log



B-Gate Open on UTAs

On UTA weekend's, Security Forces will open B-Gate from 0630 to 0730 hrs. If you work in or south of building 662, please use B-Gate. This will help alleviate congestion at the main gate.



Parachute Shop Uniform Patch Sewing

Bldg. 665 ~ West Side Entrance

Business Hours: UTAs:
1400-1600 Hrs.
Tuesday and Thursday
1400-1600 Hrs.



Coyote Cafe Menu

Saturday July 10

Steak / Spare Ribs / Baked Chicken
Rice Pilaf
Baked Potatoes
Mushroom gravy
Brussel Sprouts / Corn on the Cob
Summer Squash
Sautéed mushrooms/ onions
Dinner Rolls
Corn bread
Salad / Potato Bar
Tomato Soup
Cheese cake w/cherry topping
Apple or Cherry Pie / Brownies
Assorted Ice Cream
(Holiday Menu Price: \$5.40)

Sunday July 11

Spaghetti w/ meat sauce
Corn / Green beans
Dinner Rolls
Garlic Bread
Salad / Potato Bar
Apple or Cherry Pie / Brownies
Assorted Ice cream

Hotel for July

AmeriSuites

190th Chapel Services

Protestant: 0800 - 0830
Latter Day Saints: 1100 - 1130
Catholic: 1345 - 1415

The Base Chapel is located on the
3rd floor of Hangar 662.

Do you have news to share?

The Coyote Log welcomes articles and captioned photos relevant to members and retirees of the 190th ARW. Submissions must be accurate in fact, and will be edited for clarity and length. Articles will be published as space permits.

The deadline for submission is Sunday of the UTA prior to the month the article will be published. Submit articles as e-mail attachments in Microsoft Word format. Photographs must be non-copyrighted prints or 300 dpi or higher TIF or JPG images. Articles and images should be sent to:
coyotelog@kstope.ang.af.mil

Family Readiness Events

Operation KUDOS

July 10:

2:00pm - 4:00pm
Coyote Cafe

Contact Tonya VanSickle at
(785) 861-4940 for more information.

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THE COYOTE LOG
190TH ARW
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